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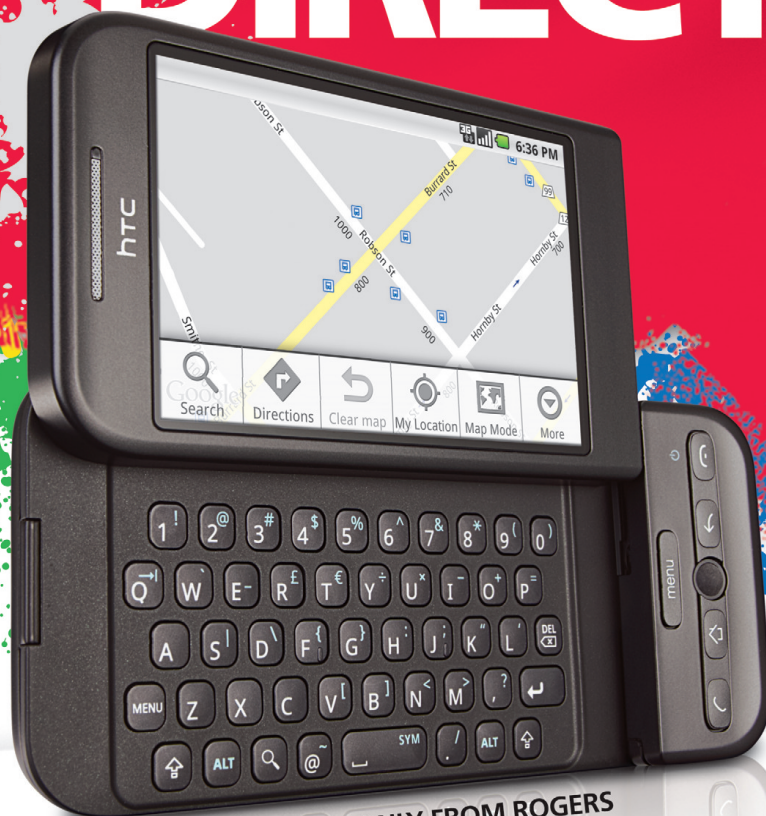
VANCOUVER • TUESDAY JUNE 9 2009

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Celebrity Buzz pg 22



Madge set for new adoption?

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancover.

On metronews.ca

- Calling on all Vancouverites — share your SunnySide thoughts on what makes Vancouver tick: People, places, events and architecture on Twitter using #sunnyside
- See what other Metro readers are doing and saying about SunnySide Today
- Sea-inspired colours mark summer makeup, pg 17

New Moon

All this week, Metro Canada is giving you a look behind the scenes of New Moon, the newest film in the TWILIGHT series. TODAY — We talk to Taylor Lautner about New Moon and his character, Jacob Black, pg 21. TOMORROW — An interview with director Chris Weitz. THURSDAY — An interview with actress Kristen Stewart. FRIDAY — An interview with actor Robert Pattinson.



Matt Avolio and his recently recovered \$1,000 bike in an East Vancouver park yesterday. Avolio had to retrieve the stolen bicycle himself when police in Vancouver and Coquitlam couldn't agree on whose case it was.

Cyclist rescues bike

Stolen property recovered after confrontation with Craigslist seller

KRISTEN THOMPSON
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Bicycle theft

After finding his stolen \$1,000 bike for sale on Craigslist, Matt Avolio discovered he had to get it back himself.

The bike was stolen in late May from a rack outside a friend's West End apartment.

"I was devastated," said Avolio. "I use it for everything. Groceries, recreation, exercise. It's my baby."

He filed a report with Vancouver police and called them back five days later to say someone in Coquitlam was selling his bike online. Vancouver police told Avolio they couldn't help him because the bike was outside their jurisdiction. Coquitlam RCMP told him they couldn't help either because the bike was stolen from Vancouver.

- Vancouver Police Const. Jana McGuinness said cyclists should buy quality bike locks that can't be cut through, and secure bikes by the frame to a solid structure that can't be re-

moved.

- Roughly 630 bikes have been reported stolen in Vancouver this year.
- In 2008, 1,565 cyclists had their bikes robbed.

So Avolio pretended to be a buyer and confronted the seller.

He discovered it was being resold after being bought from Bike Rescue, a local organization that

claims to look for "too good to be true" bike deals and either return them to their owners or resell them.

Despite claiming to give bike owners 30 days before reselling bicycles and to check with police to verify if they're stolen, the company sold Avolio's bike in less than five days.

Avolio finally got his bike back when, armed with the

serial number, he challenged Gord Blackwell at Bike Rescue.

When contacted by Metro Vancouver, Blackwell refused to comment.

Arno Schortinghuis, president of the Vancouver Area Cycling Coalition, said if the city is going to encourage people to cycle more it needs to provide secure bike parking.

"The city has taken steps to improve the situation," he said. "They have a by-law that new buildings have to provide secure bike parking."

He added that bike lockers are being built at many transit stations, and Pacific Centre might do the same.

James calls for update on finances

JEFF HODSON
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DEFICIT Premier Gordon Campbell needs to "come clean" and provide an immediate update on the province's finances, New Democrat Leader Carole James said yesterday.

Speculation is that the deficit will be larger than the \$495 million the province predicted in its February budget.

"I believe it is critical that we have an answer about what kind of situation we're facing," said James, following an MLA swearing-in ceremony in Victoria.

Campbell announced yesterday that a new budget will be handed down Sept. 1.

"I think there's no question that we're going to see the deficit larger than the premier told us during the election," James said.

"The public shouldn't have the wool pulled over their eyes."

Campbell told reporters in Victoria that his government continues to pursue the targets of February's budget and is working to protect services like health care and education.

"Deficits are taxes on the future," said Campbell. "We have to all be cognizant of that as we go through this process."

Victoria

- Independent MLA Vicki Huntington will be sworn-in today in Victoria.
- Premier Gordon Campbell will unveil his caucus tomorrow.



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Visions

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Pattullo Bridge night closures come to close

The nightly closure of the Pattullo Bridge has ended after workers finished repaving the span. The centre lane, however, will continue to be closed at night as permanent markings and the installation of traffic delineator posts still have to be completed. **METRO VANCOUVER**

3

Local

Charitable citizens

While a lower percentage of British Columbians donated to charity in 2007 compared to the national average, those who did donate gave more. According to Statistics Canada, 79 per cent of people in B.C. gave an average of \$506 to charity, compared to 84 per cent of Canadians who donated an average of \$437 each. **METRO VANCOUVER**

News in brief

DEPORTATION A former member of the Iranian Revolutionary Guard who lived in the Vancouver area has been deported from Canada for committing crimes against humanity, the Canada Border Services Agency said yesterday. Seyed Amin Hoseyni Bob Anari lived in the Vancouver area.

CHARGE The RCMP has charged a Surrey man with attempted murder after a 23-year-old man was shot in the chest at a house party. Police say Bi Dong Lam, 21, from Surrey is known to them, adding that the victim was not the intended target.

FRAUD A 23-year-old man is under investigation for allegedly defrauding people using Craigslist, RCMP said yesterday. Would-be renters were given keys and receipts after paying for suites that were already rented.

DEATHS Two Vancouver residents have been killed in a head-on crash in Washington State. A five-year-old child who was in their vehicle is being treated in hospital in Seattle.

METRO NEWS SERVICES

Diving deep for sustainability

Scientists hope coral study will lead to protection for delicate ecosystem

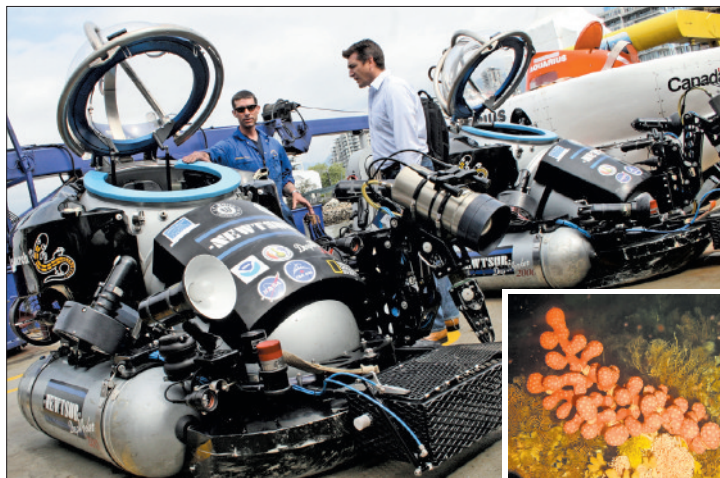
KRISTEN THOMPSON
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Researchers set sail from North Vancouver yesterday for a two-week expedition to study deep-sea corals in the hopes their findings will protect the organisms from harmful fishing practices.

The Finding Coral Expedition — which happened to launch on World Oceans Day — will search six locations along the Pacific Coast using single-person submarines capable of diving to depths of 650 metres.

Scientists will pilot the subs and gather information critical to better understanding the role deep-sea corals play in our ocean's ecosystem.

Thomas Shirley, a member of the Finding Coral research team, said deep-sea corals provide habitat for



Above: A member of the Finding Coral Expedition with a Deep Worker submersible at Burrard Dry Dock Pier in North Vancouver yesterday. Inset: Bubblegum coral found in the Pacific Northwest.

fish, crabs, shrimp and many other species.

Some fishing practices like bottom trawling de-

stroy the corals, and by extension the delicate ecosystem needed to sustain commercial fish stocks.

"We expect to find similar results (in this study), and if so, these corals need to be protected to support

Submersibles

- The Finding Coral Expedition marks the first time manned submersibles have been used to study deep-sea corals.

a healthy ocean ecosystem," Shirley said.

Jennifer Lash, leader of the Finding Coral Expedition, said Alaska, Washington, Oregon and California already protect their deep-sea corals.

"We want to see the same care given to the corals in British Columbia," she said.

"We will be diving in places where nobody has been before and possibly seeing species never seen before. This is an incredible opportunity to learn more about the deep ocean ecosystem and the creatures that live there."

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What's online today.

Video Nova Scotians appear poised to elect the first NDP government east of Ontario at metronews.ca/canada
Blog It's Called Football welcomes Canadian keeper Pat Onstad to refute reports he has retired from international soccer.



PNE looking to fill 1,500 jobs

JEFF HODSON
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FAIR The Pacific National Exhibition is seeking to fill 1,500 jobs for its annual two-week fair — everything from lottery sales workers to nighttime sweepers to behind-the-scene clerks.

"We like to think we

have a job for everyone, regardless of age or work experience," said Jeff Strickland, vice-president of human resources for the PNE.

"The popular jobs are the ones people can visualize, like the lottery vendors, the rides attendants, and the games attendants and sweepers."

Strickland said the annual summer fair is looking

to fill positions in more than 40 categories. A full list is available online at pne.ca.

Wages range from \$9.66 to \$15.30 per hour and the deadline for applications is June 20.

"This year we are receiving quite a few more applications than in years past, but nothing earth shattering."

Vancouver most liveable city: Study

RANKINGS Vancouver has once again topped a survey of the world's most liveable cities.

The study by the Economist Intelligence Unit gave Vancouver a top rating of 98 per cent, with only petty crime and the availability of good-quality housing preventing a perfect score.

Vienna, Austria, is ranked second, followed by Melbourne, Australia, in

third place. Toronto moved up two spots in this study to fourth place. Harare, Zimbabwe, ranked lowest of the 140 cities.

The cities that scored best tended to be mid-sized and in developed countries with a low population density, benefiting from lower crime levels or infrastructure problems that can be caused by larger populations. **METRO VANCOUVER**

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Tuesday, June 9, 2009

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Olympian documentary begins shooting in city next week
A documentary on former Olympic record-holder Harry Jerome will begin shooting on June 12 at the annual Harry Jerome Track Classic. **METRO VANCOUVER**

Triathlete eyes London

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Around the time that he won gold at the 2000 Sydney Olympics, triathlete Simon Whitfield thought it a joke that he might still be competing eight years later, much less 12 years later in London.

Whitfield, who won his second Olympic medal (silver) following a dramatic come-from-behind sprint last summer in Beijing, has his eyes set on the podium in London 2012.

It will be Whitfield's fourth Olympics.

"I remember so distinctly saying 'I'd like to compete in Athens for a medal and then Beijing I'd just like to make the team,'" said Whitfield at an event in Vancouver yesterday to unveil Triathlon Canada's new coaching staff.

"Now I not only want to



Simon Whitfield, left, with members of Canada's national triathlon team at Players' Chophouse in Vancouver yesterday.

make the team in London. I want to take a crack at a medal again."

Whitfield, 34, said he doesn't feel like an old man and still claims to be the most immature one on the national team. He said while it takes him longer to recover from a race, his

"base" — his years of repetitive high-aerobic fitness — lets him compete with athletes more than a decade his junior.

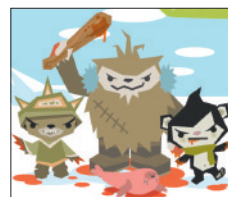
"I love the challenge. I love the process of doing it. I like being immersed in that every day and will continue to do it."

Games get gory on PETA mock site

CAMPAIGN A website that features a spoof of the Olympic mascots dripping blood and clubbing a seal was launched on Thursday by People for the Ethical Treatment of Animals (PETA).

Spokesperson Nicolle Matthews said olympicshame2010.com is PETA's latest attempt to use the Olympics to "shame Canada over the seal hunt."

"PETA launched the website to intensify global pressure on the Canadian government," Matthews said. "We want the Olympic committee to use their clout to end the



A screen shot from olympicshame2010.com.

hunt."

She added the mascots, Quatchi, Miga and Sumi, were chosen because they're "highly visible" symbols of the Games.

While the Olympics are not connected to the seal

Facebook group

• A Facebook group created by PETA to urge the Olympic committee to help end the seal hunt had 675 members by yesterday afternoon.

hunt, Matthews said she hopes that people will understand PETA's reasons for using the Games as a means of getting the word out.

"We hope that people look at (it) in context so no mother seal has to look as baby seal gets clubbed," she said. **METRO VANCOUVER**

Baby beluga goes for first swim with family

ANIMALS The baby beluga born at the Vancouver Aquarium on Sunday is doing well and has been introduced to her relatives.

Staff veterinarian Dr. Marty Haulena said that observations during the first 18 hours showed strong interaction between Aurora and her calf and that nursing is underway.

Just after 9 a.m. yesterday, the baby met Qila and her one-year-old calf Tiqa.

The two mothers and daughters swam in pairs for the first minute, marking the first occasion for two beluga calves to share a habitat at the Vancouver Aquarium. As they swam, Tiqa became increasingly curious about the baby.

"This is an exciting time

How to visit

• Vancouver Aquarium visitors will be able to view Aurora and her yet-to-be-named calf from about five metres away on the upper deck of the Beluga habitat.

for everyone — Aurora, her calf, our other belugas and certainly for aquarium visitors," Haulena said. "Aurora is doing a great job and we continue to see her maternal instincts come to the fore."

The calf and mother will continue to remain under 24-hour observation by the aquarium's veterinary and marine mammal care teams. **METRO VANCOUVER**

News in brief

GREEN POWER Vancouver International Airport has installed a wind turbine lighting system — a first for a Canadian airport. The turbine, by Vancouver-based Evergreen Technologies, is supplying power to a light pumping station at YVR. "This project results in the reduction of 1.8 tons of greenhouse gas emissions annually," says Michael McLennan, COO of Evergreen Technologies.

EXPLOSIVES Two cyclists discovered a shoebox full of dynamite at Crystal Mountain Ski Resort near Kelowna. The men brought the dynamite home and called police.

FOREST FIRE The wildfire near Tyaughton Lake is spreading due to strong winds and dry conditions. Steep terrain also made it tough for the approximately 200 firefighters and 13 helicopters to battle the blaze. **METRO VANCOUVER**

Early voter turnout increases in Nova Scotia

A provincial election campaign that turned rancorous late last week after polls put the NDP in first place seems to have galvanized Nova Scotians to get out to the ballot box, CBC News Online reports. The number of Nova Scotians who voted in advance and special polls is up by 17 per cent over the last election three years ago. **METRO NEWS SERVICES**

5

Canada



Blast kills Canadian soldier

A Canadian soldier was killed by a bomb blast while on foot patrol in southern Afghanistan yesterday, military officials said. He was the 119th member of Canada's Armed Forces to die in Afghanistan. Officials named the dead man as 20-year-old Pte. Alexandre Peloquin, left. Canada has about 2,700 soldiers based in the southern city of Kandahar on a mission that is due to end in 2011. **REUTERS**

Isotope crisis 'sexy': Tory MP

POLITICS Natural Resources Minister Lisa Raitt calls the medical isotope crisis "sexy," looks forward to getting credit for fixing it, and expresses doubts about the skill of Health Minister Leona Aglukkaq in a published recording.

Raitt made the comments to her then-aide, Jasmine MacDonnell, who appears to have inadvertently recorded the conversation, the Halifax Chronicle-Herald reported.

Raitt and MacDonnell discuss their efforts to get Aglukkaq to contribute a quote to a news release on the isotope crisis. "When

we win on this, we get all the credit. I'm ready to roll the dice on this," Raitt says in a recording.

The recording was made not long after a leak at the Chalk River nuclear reactor, the newspaper reported. In another excerpt, MacDonnell says the isotope issue is hard to control "because it's confusing to a lot of people."

"But it's sexy," says Raitt. "Radioactive leaks. Cancer."

"Nuclear contamination," says MacDonnell.

"But it's only about money," says Raitt.

TORSTAR NEWS SERVICE

Tens of millions lost in metals

MISSING A mint's missing stock of precious metals is worth tens of millions of dollars.

While officials at the Royal Canadian Mint have

not publicly released a value, insiders have confirmed that auditors are trying to track precious metals, believed to be gold.

TORSTAR NEWS SERVICE

Canadians spend more: MP

Flaherty says economic recovery may be on its way

Global economic recovery may be on its way, and certainly in Canada people are loosening their purse strings again, Finance Minister Jim Flaherty said yesterday.

He also said the federal government's budget deficit now looks to be "slightly more" than \$50 billion this fiscal year, but most of it is one-time spending, such as stimulus initiatives and aid for the automotive industry, and not a structural shortfall.

Flaherty's remarks on an economic recovery echoed those of others who are seeing "green shoots," and he spoke of improvements in financial markets.

"The global recession began in financial markets.



Finance Minister Jim Flaherty smiles yesterday as he walks through the International Economic Forum of the Americas conference in Montreal. Flaherty said more Canadians are spending money now that signs of recovery are beginning to show.

These positive signs in financial markets give us cause for cautious opti-

mism that a global economic recovery may not be far behind," he told re-

porters.

In Canada, Flaherty said he saw increases in demand for new housing. "I think people are responding to the fact that mortgage rates are low," he said, noting that rates are at their lowest level since the Second World War.

"What I see in the Canadian economy is some indications of stabilization and some positive indications about people being willing to spend again," Flaherty said. "I know, just in terms of personal household infrastructure, we have had a huge response to the home renovation tax credit. We know that it's out there working in the economy and that people are spending the money." **REUTERS**



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TRANS LINK

Calgary police say they have netted the largest total cocaine seizure in Alberta's history, CBC News Online reports. Police announced yesterday that they arrested 14 people and seized 80 kilograms of cocaine over the course of a year-long investigation. **METRO NEWS SERVICES**

Minister has harsh words for Toronto

Baird complains city's application for stimulus funding doesn't follow rules

Toronto's only application for funding under the federal government's \$4 billion infrastructure stimulus fund was met with a profane dismissal by Transport Minister John Baird yesterday.

In an unguarded moment, Baird told aides that Toronto stood alone in not meeting the technical criteria for federal funding, yet it was complaining about Ottawa dragging its feet.

"Twenty-seven-hundred people got it right. They

didn't. That is not a partnership and they're bitching at us," he said.

"They should f--- off."

The federal minister overseeing the infrastructure fund was overheard by a reporter after he mistakenly walked into a media room at the Federation of Canadian Municipalities convention in Whistler.

When his words were read back to him, he acknowledged his remarks.

Toronto made a calculated move to seek funding to

"Twenty-seven-hundred people got it right. They didn't."

John Baird on Toronto's application for funds

replace its aging streetcar fleet by submitting just one application while most municipalities submitted long lists of projects, ranging from bridge repairs to sewer upgrades.

Toronto mayor David Miller said his city only wants funds to acquire 204 streetcars from Bom-

bardier, to be built at a cost of \$1.2 billion. The proposed deal will expire June 27 and will collapse if federal and provincial money isn't forthcoming by then.

The city said that based on its population, Toronto's share of the stimulus fund announced in the January budget would be about

\$312 million.

Miller said last night Toronto's proposal fits the federal criteria.

He said his meeting with Baird at the convention was "amicable and frank" and that the minister "didn't say that to me" when asked if Baird used the obscenities.

But Baird said Toronto's was the only application among 2,700 submitted that wasn't done properly.

He said Toronto's submission is ineligible because it

doesn't focus on job creation within the next two years in the 416 area.

Later, Baird said his remarks were off-the-cuff and he presumed private because he didn't realize he was in the media workroom.

He said he's had frank discussions with the city about its bid and has been talking to Finance Minister Jim Flaherty, the GTA's federal representative, about projects eligible for funds

TORSTAR NEWS SERVICE

Multivitamins linked to healthy birth weights

HEALTH Women who load up on multivitamins during pregnancy are far less likely to deliver underweight or pre-term babies, says a study published today in the Canadian Medical Association Journal.

The finding should prompt the World Health Organization to change its prenatal vitamin policy, which currently distributes folic acid and iron free to expectant mothers in developing nations, the study's lead author says.

"The WHO's policy suggests that ... there is no advantage to multivitamins," says Dr. Prakesh Shah, a neonatologist at Toronto's Mount Sinai Hospital.

The Mount Sinai team pored through 13 previous research papers and synthesized data on some 30,000 births. They compared multivitamins to the health agency's folic acid and iron option, and to no supplementation. The team expected that most of the studies they reviewed used the recommended dietary allowance of individual vitamins.

It found that a one-a-day multivitamin — a pill that includes iron, folic acid and vitamins A, B1, D, E and zinc — reduced the incidence of low birth weights by 19 per cent compared with taking nothing.



Dr. Prakesh Shah weighs Quinn, who despite being born early weighed in at just under seven pounds. Shah's study says multivitamins help mothers reduce their risk of delivering low birth weight babies.

Babies tipping the scales at less than five pounds, eight ounces, are consid-

ered low birth weight and are prone to many problems, including infections,

feeding trouble and a higher risk of death.

TORSTAR NEWS SERVICE

Molson retirees will lose free beer

ALLOTMENT If you sang that well-worn campfire song about the beer bottles on the wall, you'd have to start at 864.

That's the annual complimentary beer allotment for retirees from the Molson brewery in St. John's, Nfld., the same amount of free suds they received while still working. But, without consulting them, Molson has decided to shut the tap.

Come Jan. 1, the allotment will be a dozen bottles a month, down from six dozen a month (or 72 dozen a year), and in five years, it will be zero. For current workers, who also get 72 dozen bottles a year, the allotment will drop to 52 dozen. No five-year cutoff is planned.

Retirees held a protest outside the brewery last Friday. They've demanded a meeting with top company officials and will get one within the next two weeks.

In Vancouver and Mon-

The cost

- There are 2,400 Molson retirees in Canada. Their free beer costs the company about \$1 million a year.

treal, where the allotment is less than in St. John's, the unions have launched grievances. Vancouver's case goes to arbitration June 16.

Molson says it is "standardizing" its complimentary beer policy, which was originally intended not only as a perk but also to allow workers to share their beer, thereby helping to market it.

The measure, announced in a letter in early April, came just before parent company Molson Coors announced its net profit more than doubled in the first quarter compared to last year, to \$75.7 million, and increased its dividend.

TORSTAR NEWS SERVICE

News in brief

GEESSE Migratory Canada geese, and not local birds, were responsible for bringing down a jet that landed safely in New York's Hudson River in January, researchers reported.

The team at the Smithsonian Institution's National Museum of Natural History said their research could lead to better ways to prevent aircraft bird strikes. **REUTERS**

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Comment

Time is right for Grits

NationalReport

Lawrence Martin

metronews.ca/nationalreport

The doomsayers were wrong again. There's no great depression, as some were forecasting last fall. And the recession, while serious enough, will not be one of dire magnitude. Experts are now suggesting we're already past the worst of it.

"We are in the process of turning the corner," said Aron Gamble, deputy chief economist at the Bank of Nova Scotia. "Bonds, stocks — every market is telling you we are at this transition from recession to recovery."

Unemployment has reached an 11-year high of

8.4 per cent. Compared to the years from the late 1970s into the 1990s when double-digit joblessness was the norm, it's hardly earth-shattering.

The relatively good news

changes the political equation. A summer election

has suddenly become a better bet. The Liberals are divided on the

prospect, but the latest economic outlook gives the party's election hawks more ammunition. The Grits' chances of winning an election today are good. Tomorrow, who knows. The economy was supposed to be the Conservatives' death trap. Given time, it could turn into their lifeline.

The Grits won 26 per cent of the vote last election. They're about 10 points higher in most polls now

and hold a narrow lead over the Tories. Pollster Frank Graves said in an interview if he were Liberal leader, he'd push for an election right now. "With a decent campaign, they'll likely win."

Given the changing economic tides, the Conservatives no longer fear an immediate election. It's even possible the Liberals won't need the support of the other opposition parties to force a campaign. If they signal their wish for one, Prime Minister Stephen Harper might well say, "OK, let's go."

Whether it's now or later, it's a good bet Harper will lead his troops into a fourth campaign. That prospect would have been unlikely had the economic plunge been as deep as originally expected. The new tidings

mean Finance Minister Jim Flaherty, he of the bone-headed economic updates and wonky deficit forecasts, will likely stay in place as well.

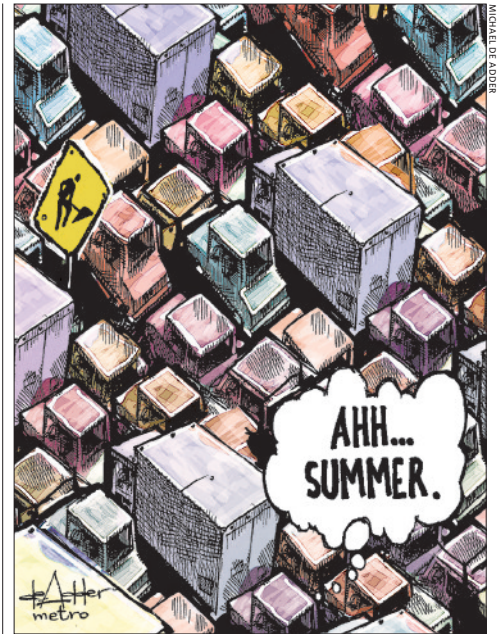
Many were hoping the PM would turn to the steady Jim Prentice to take over finance. It would have positioned him as the Harper heir apparent. But Flaherty is safe and Prentice will be left holding the bag in the environment portfolio where the government's foot-dragging on a carbon emissions regime has become embarrassing.

For the prime minister to move Flaherty now would be an admission of failed economic management. That's the case the Liberals have been trying to make. It will become harder as time moves on.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

"With a decent campaign, (the Liberals will) likely win."

Pollster Frank Graves



Worth mentioning

Dwindling fish stocks blamed on subsidies

The world's seas are filled with too much garbage and too few fish, with flimsy plastic bags and government subsidies bearing much of the blame, activists and trade officials said yesterday on the first UN World Oceans Day.

World Trade Organization director-general Pascal Lamy used the occasion to note that some species are at risk of extinction from overfishing, and government subsidies bear some of the blame.

"Governments have contributed to this problem by providing nearly \$16 bil-

lion annually in subsidies to the fisheries sector," Lamy said. "This support keeps more boats on the water and fewer fish in the sea."

He said WTO members are now negotiating to reform subsidies programs to make fishing a sustainable industry. Eighty per cent of the world's fisheries are under pressure, according to the UN Food and Agriculture Organization (FAO): Overexploited, fully exploited, significantly depleted or recovering from overexploitation.

REUTERS

\$20B

Global fisheries subsidies are estimated at \$20 billion or more annually, an amount equivalent to 25 per cent of the value of the world catch. Economic losses from overfishing in marine areas are \$50 billion per year, according to a 2008 World Bank/FAO report.

Views

Time to boost Canadian literacy rates



Wendy Cukier

It's hard to talk about the skills shortage at a time when people are losing their jobs. But the evidence is clear, in spite of the economic downturn, that the combination of our aging population and reduced fertility rates means Canada is facing an acute skills shortages.

Investing in education, at all levels, remains fundamental to our future economic prosperity. Attention has been focused on the fact that Canada ranks lower than other countries at the highest levels of skills attainment, producing fewer PhDs and graduates in sciences, business and engineering. However, the strongest determinant of our prosperi-

ty as a nation is rates of literacy.

Just more than a year ago, a report, Literacy Matters, by TD Financial Group estimated the Canadian economy could enjoy a \$32-billion boost if literacy rates were improved by only one per cent.

Statistics Canada reports that more than seven million Canadian adults can barely read and comprehend simple printed materials, and more than 25 per cent of Canadian high school graduates lack the literacy skills needed for entry level jobs.

High school dropouts or graduates

with minimal skills — immigrants, particularly women; people with learning disabilities; aboriginal people; and francophones — have lower than average rates. Many develop coping skills to mask their inability to read.

Often, illiteracy creates a vicious cycle of poverty and underachievement. Parents who cannot read to their children cannot help them with their homework or as easily inspire them to achieve. If you are not literate enough to use simple manuals, you probably can't use the Internet and you most certainly are not going to be part of the "new" economy. Illiteracy also carries significant social costs and is associated

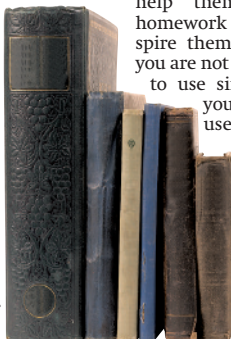
with poorer health and higher rates of crime.

The costs of investing in education are dwarfed by the costs of illiteracy.

Like my university colleagues, I want investments in research and in graduate programs. But we must lay a solid foundation in addressing basic skills for all Canadians. It is not simply a matter of developing the "pipeline" to higher education or of equality and social justice, it is founded on a solid business case and our prosperity depends on it.

As Literacy Matters: A Call For Action notes: "It is hard to identify any other single issue that can have such a large payoff to individuals, the economy and society than literacy."

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.



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Gabon's president Omar Bongo, Africa's longest-serving leader, died yesterday in a Spanish clinic, the Gabonese prime minister said. The death of Bongo, pictured at left with his late wife, comes after more than four decades in power. REUTERS

Ukraine Mining tragedy



Rescuers rest by their buses at the Skochynsky mine near Donetsk yesterday. Two workers died and eight were missing after a gas emission and rock fall took place 1,000 metres below ground.

Gaddafi asks for audience with women

DIPLOMACY Libyan leader Muammar Gaddafi has requested a meeting with 700 Italian women during his historic visit to Rome next week. Gaddafi, who has a women-only corps of bodyguards, held a similar meet-

ing on a visit to Paris in 2007 with 1,000 selected women guests, who were told he wanted to "save European



women." Among the requests for his visit is a meeting women from Italian political, business and cultural life, to take place in a concert hall Friday. REUTERS

Angry Pakistani villagers fight Taliban

Pakistani villagers enraged with the Taliban after the bombing of a mosque battled the militants yesterday, underscoring a shift in public opinion away from the hardline Islamists.

The military has been fighting the Taliban in the Swat valley, northwest of the capital, for more than a month after the militants took advantage of a peace pact to conquer new areas.

In retaliation for the offensive, the Taliban have stepped up bomb attacks and are suspected of being behind a suicide blast at a mosque in the Upper Dir region, near Swat, that killed about 40 people on Friday.

Outraged by the attack, villagers formed a militia of about 500 men and began fighting the militants on Saturday in an bid to force them out of their area.



A Pakistani army tank stops during a curfew break in the district where troops launched an offensive against militants yesterday.

A top government official in Upper Dir, Atif-ur-Rehman, said the militia fighters had pushed the Taliban out of three villages and surrounded them in another two.

Fourteen Taliban had been killed while the militia had demolished at least dozen houses of militants, the military said.

Alarmed by the prospect of nuclear-armed Pakistan

drifting into chaos, the United States had criticized a February pact with the Taliban in the former tourist valley of Swat.

Meanwhile, cities are on alert for bomb attacks.

Police in Karachi said on Sunday they had arrested an associate of Pakistani Taliban leader Baitullah Meshud and seized "jackets" to be used in suicide attacks. REUTERS

Damages awarded for bomb attack

NORTHERN IRELAND Four individuals and an outlawed militant group, the Real IRA, were responsible for the deadliest bombing in Northern Ireland's three decades of sectarian conflict, a court ruled in a landmark damages award yesterday.

Twenty-nine people were killed, among them a woman pregnant with twins, and more than 200 wounded when the Real IRA, a splinter group of the Irish Republican Army, detonated a car bomb in the market town of Omagh in August 1998. The court awarded around 1.5 million pounds in damages.

No one has been convicted for the attack, carried out months after the signing of a peace agreement.

"We have now created a precedent and those other people who are victims of terrorism can use this vehicle."

Michael Gallagher, father of bombing victim

Frustrated by this, relatives of victims took civil action against five men in 2001. One of the men was cleared on Monday.

"Those involved in the planning, preparation, planting and detonation of the bomb recognized the likelihood of serious injury or death from its detonation but decided to take that risk," High Court Judge Declan Morgan said.

The court case, which was not meant to determine if any criminal offence had been committed, could open the way for

more victims of attacks to sue alleged members of paramilitary organizations.

"We have now created a precedent and those other people who are victims of terrorism can use this vehicle," said Michael Gallagher, who was awarded 80,000 pounds in damages for the death of his son Aidan in the blast.

One of the men found liable, Michael McKevitt, is the alleged leader of the Real IRA, and is serving a 20-year jail term for directing terrorism. REUTERS

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News in brief

AVIATION Several airlines using Airbus A330-200 planes, the model that crashed in the Atlantic last week, said yesterday they would wait for any directive from manufacturer Airbus before making any equipment changes. Airbus had detected faulty speed readings on its A330 jets ahead of last week's crash of an Air France airliner, and had advised clients to replace a part, investigators said Saturday.

SETTLEMENT A lawsuit against oil giant Shell over the executions of protesters in Nigeria in the 1990s will be settled for \$15.5 million US, a lawyer said yesterday. REUTERS

Favre told to make up his mind

The Minnesota Vikings reportedly have told Brett Favre to decide this week if he wants to play this year. ESPN says coach Brad Childress imposed the deadline on the star quarterback. The network cited two unidentified sources yesterday on its website. **METRO NEWS SERVICES**

11

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Nadal's knees tested

Rafael Nadal, left, is having his knees checked by doctors and an announcement on his status for Wimbledon is expected in the coming days. Nadal's website says the reigning Wimbledon champion is undergoing medical tests yesterday and today. Nadal withdrew from this week's Wimbledon tuneup citing knee trouble.

METRO NEWS SERVICES

Quinn ready for NHL return

LAURENCE HEINEN
for Metro Canada

After a seven-year stint as head coach of the Toronto Maple Leafs, Pat Quinn thought about retirement.

"I wasn't that anxious about getting back in," said Quinn of his mindset after being fired by the Leafs following a disappointing 2006 season when Toronto missed the playoffs.

Quinn, who averaged 43 wins a season during his Toronto tenure, took some time to assess his future and found himself itching to get behind the bench less than a year after being let go.

"By February I figured, geez, I miss this," said Quinn, who was recently hired as head coach of the Edmonton Oilers. "I wasn't ready for retirement. I started to let it be known that if anybody might be interest-



After realizing he wasn't ready for retirement, Pat Quinn made it known he was ready to coach at a high level again. Now the man with a career coaching record of 657-481-154-26 in the NHL will try to turn around the Edmonton Oilers.

ed in a good coach that I'd be willing to talk to them."

Quinn went on to coach Canada to gold medals at the 2008 World Under-18 Hockey Championships in

Kazan, Russia and the 2009 World Junior Hockey Championships in Ottawa.

"He's one of those coaches that just sort of stands out," said L.A. Kings

prospect Thomas Hickey, Team Canada's captain in Ottawa. "He's a very high pedigree and he's very well respected so it was neat to be one of his players."

With assistance from associate coach Tom Renney, Quinn is now looking forward to getting the most out of Edmonton's young talent.

"We're going to spend our next two months, three months deciding on a system of play that can help our guys be the best they can be," said the 66-year-old veteran bench boss, who won the Jack Adams Award as the NHL's top coach in both 1980 with the Philadelphia Flyers and in 1992 with the Vancouver Canucks. "We'll find that. We'll work together and we'll see what we can do and we'll give them the best we can to have some good results at the end of the day."

Sports in brief

SOCCER Real Madrid have signed Brazilian midfielder Kaka from AC Milan, the Primera Liga club said on its website yesterday. The 27-year-old international has agreed to a six-year contract and was reportedly purchased for the equivalent of roughly \$101 million.

BLUE JAYS Toronto Blue Jays first baseman Lyle Overbay has been named the American League Player of the Week. In six games last week, Overbay led the majors with a .533 batting average, .632 on-base percentage and 1.200 slugging percentage. Of his eight hits, two were homers and four were doubles.

METRO NEWS SERVICES

No place like home for the Mighty Oz

Stanley Cup

2009 Final

NHL Detroit Red Wings goaltender Chris Osgood is appreciated by his team and fans, but for a guy who has hoisted three Stanley Cups and is one win away from a fourth he commands surprisingly little respect elsewhere.

But for the Mighty Oz, there is no place like home and as long as his teammates and Red Wings support him that is all that matters.

"I get respect in Detroit,

that means the most to me," Osgood told reporters yesterday. "Playing in front of my fans there. They've been great to me for 15 years now."

"So that's what means the most to me is the people in Michigan and Detroit."

"I feel like that's my home. So that's more or less all I really pay attention to."

Playing on great Red Wings teams that have made 18 consecutive playoff appearances and won

the Cup four times in 12 seasons, Osgood's contributions have often been taken for granted, but this postseason his work has not gone unnoticed.

With the Red Wings just a Game 6 win away from completing a successful Stanley defence against the Pittsburgh Penguins tonight, the netminder is garnering plenty of Conn Smythe trophy consideration as the playoff MVP.

REUTERS



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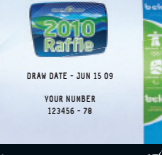
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KEY PORTER BOOKS



General Motors Corp. said yesterday it would cease production of Chevrolet Kodiak and GMC Topkick medium-duty trucks by July 31 after attempts to sell the operation failed. The automaker sold about 20,000 of the vehicles last year. **REUTERS**

Business

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Airlines fear oil rally

Body predicts industry will lose \$9B in 2009

Global airlines called for concerted action to prevent another runaway surge in oil prices as the International Air Transport Association nearly doubled its forecast for industry losses to \$9 billion US in 2009.

The head of the Geneva-based airline lobby yesterday lambasted "greedy speculation" in oil markets and accused governments of squandering money raised from aviation while carriers suffer from still slumping demand.

"I am a realist. I don't see facts to support optimism," IATA director general Giovanni Bisignani told the aviation body's annual meeting in Malaysia. However, John Leahy, commercial director at Eu-

Loads lower

- Air Canada reported yesterday a load factor of 81 per cent for last month, down from 84.3 per cent in May 2008.
- Jazz Air, Air Canada's regional affiliate, reported a load factor of 65.6 per cent in May, a drop of 6.8 points year-over-year.

ropean aircraft manufacturer Airbus, said that while 2009 would be tough, plans by United Airlines to order as many as 150 new planes from Airbus or rival Boeing Co. showed the market was starting to turn around.

"Cancellations are not as much of an issue as deferrals. I don't think we'll

have that many more cancellations," Leahy said.

IATA, the voice of more than 200 airlines, has repeatedly warned of a grim year for carriers as global recession shrinks passenger demand and weak financing drives down cargo trade.

Conditions have worsened after the outbreak of influenza A (H1N1), also known as swine flu, caused a worldwide health scare and as oil prices — until recently a sole bright spot on the horizon after peaking near \$150 a barrel last year — climb again.

Prices for jet fuel in Singapore have jumped almost 60 per cent since bottoming out at \$46 a barrel in March.

REUTERS

Apple halves iPhone price

TECH Apple Inc. halved the price of its entry-level iPhone to \$99 US yesterday, kicking off a closely watched annual conference in San Francisco.

The company also unveiled the next-generation iPhone 3GS, which takes videos and has voice

features, matching offerings by rivals Palm and Research In Motion's BlackBerry. It goes on sale in the United States and other countries on June 19 for \$199 to \$299.

Among other announcements, Apple showed off a new 15-inch notebook with improved battery life, a \$300-cheaper Mac Air — its thinnest laptop — and its highly previewed "Snow Leopard" Mac operating system software.

The company also unveiled a new 13-inch MacBook Pro and a 15-inch laptop with longer battery life.

REUTERS

Business in brief

HOUSING Canadian housing construction bounced back in May after dropping to a 13-year low in April, according to figures released by the Canada Mortgage and Housing Corporation yesterday, with seasonally adjusted housing starts hitting 128,400 in May, up from

117,600 in the prior month. **AVIATION** Air Canada parent ACE Aviation Holdings Inc. could inject as much as \$200 million into the country's largest airline to help it avert a cash crunch, according to a source familiar with the situation.

JOBS The U.S. job market strengthened in May for the first time in 16 months, as the Conference Board said its Employment Trends Index ticked up to 89.9 in May from an upwardly revised 89.7 in April, originally reported at 89.5.

METRO NEWS SERVICES



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Hermes breeds own crocs to meet bag demand

French luxury goods group Hermes has resorted to breeding its own crocodiles on farms in Australia to try to meet demand for its leather bags, its chief executive said yesterday. Customers sometimes have to wait several years for certain exotic-skin bags, which can fetch over 35,000 euros (\$54,572). **REUTERS**

Concerns over reverse mortgages

Reverse mortgages could be the next subprime mortgage product to experience rapid growth while taking advantage of a vulnerable segment of the population, top U.S.

bank regulator John Dugan said yesterday.

Dugan, who heads the Office of the Comptroller of the Currency, said regulators are crafting guidelines to ensure that robust

consumer protections are in place for reverse mortgages.

Reverse mortgages are complicated loans targeted at homeowners who are at least 62 years old, and al-

low older Americans to live off the equity in their homes as they age.

Dugan said that as the elderly American population grows, there could be a significant pickup in de-

mand for proprietary reverse mortgages, which he said bear significant similarities to the type of subprime products that helped fuel the credit crisis and recession. **REUTERS**

In brief

CHINA The Chinese government has required that personal computer makers bundle software that filters Internet content from July 1, raising concerns about cyber-security as well as Internet freedoms.

REUTERS



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AlisonOnMoney

Alison Griffiths

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Alison's Money Rule:

• Once you stop associating value with cost you will realize some of the best things in life really are free — or close to it.

Hey! What happened to deflation? It was the scary economic spectre raised as the world slipped over the brink of recession last year.

With deflation, prices and wages fall — what a concept. We've had the latter but not much of the former.

Movie tickets are as high as ever — don't get me started on popcorn. Concerts and plays too. And I haven't noticed many golf courses offering discounts.

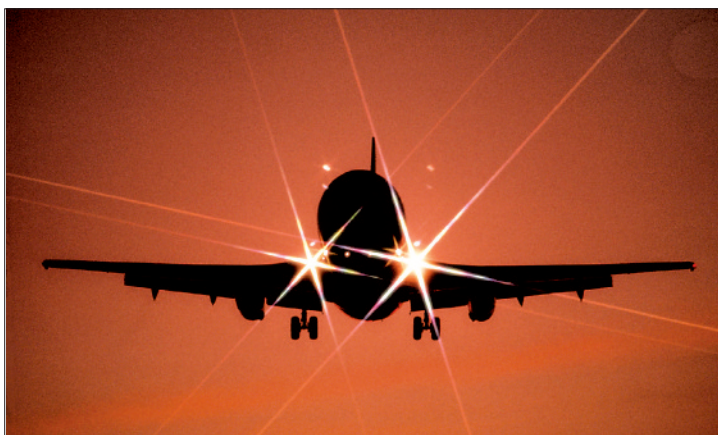
So if girls or guys just want to have fun, can you do it without running up the tab?

Absolutely. In summer, antique shows and flea markets are a blast. Even kids love to wander through the ancient stuff Mum and Dad used to play with or wear. Take a picnic and you have a great day trip. Big malls often offer an antiquing week with parking and admission free.

Farmer's markets are a lovely way to spend a

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Remember Wayne's World? Want a genuinely visceral (and free) thrill? Get in touch with an Airport Watch group and park yourself in a lawn chair near take-off and landing flight paths.

weekend morning. You have to buy vegetables anyway, why not add value to the experience and support a local farmer at the same time?

The best people watching is in Venice Beach,

Calif., but every city has at least one good spot to exercise your eyeballs. From waterfront parks to trendy

shopping streets, you'll find the biggest reality show in the world.

Try an entire summer

without renting a DVD. Yes, you can do it! Instead, get them free from the library. You'll uncover some gems like the BBC's witty and completely un-hip Monarch of the Glen series.

And if you want completely something off the wall, hit the local airport with folks from an Airport Watch group. Many cities have such members that park themselves with binoculars and lawn chairs in landing and take-off flight paths. It's a completely different and visceral thrill.

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Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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In many U.S. jurisdictions, the ability to sue is not restricted to serious injuries and liability settlements can be extremely high. Awards made to automobile victims are not limited by the level of liability coverage of the person at fault. An at-fault driver would be responsible for the amount of the award that is in excess of the coverage limit.

Consult your insurance provider or visit rbcsurveillance.com for details.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Anti-aging skincare: A round-up

Wrinkle and sun-damage reducer options

JANINE FALCON
For Metro Canada

An important thing to know about anti-aging skincare is that skin renewal takes an average of 28 days, more if you're 40-plus, and pigmentation can be particularly stubborn.

Ditch the quick-fix idea and allow four to six weeks for something new to work. Here are anti-wrinkle, anti-sun damage and eco-friendly options to consider.

Wrinkle Reducers

- Marcelle New-Age Anti-Wrinkle + Firming Cream stimulates collagen production and moisturizes with amino acids, shea butter, caffeine and soybean extract (\$27 at Shoppers Drug Mart).

- Neutrogena Ageless Intensives Deep Wrinkle Eye Cream combats under-eye crepiness with super-hydrating hyaluronic acid and Retinol (\$28 at drugstores).

- For sensitive skin, Vichy Liftactiv Retinol HA combines hyaluronic acid with Retinol and adenosine, a fast-acting molecule that

has retinol-like properties of its own (\$49 at drugstores).

- Olay Professional Pro-X Wrinkle Smoothing Cream offers the brand's most intense Pro-Retinol formula for results in 28 days (\$55 at drugstores; also available as part of a three-step starter kit for \$83).

- Neostata Intense Daytime Wrinkle Repair SPF 15 targets deep creases with Matrixyl (a wrinkle-reducing pentapeptide) and Retinol (\$68 at drugstores).

- AmorePacific, a luxury Korean botanically-based brand, packs its Contour Lift Extreme Creme with bamboo sap to hydrate, and olive, jojoba and green-tea seed oils as well as minerals and amino acids to nourish and firm (\$200 at Holt Renfrew).

Sun-Spot Reducers

- Lancôme Génifique Youth Activator Serum stimulates the production of skin proteins we have in abundance in our youth but lose as we age, and promises brighter, more even skin (\$92 at Lancôme counters).

- Clinique Even Better

Skin Tone Corrector boosts cell turnover with glucosamine and salicylic acid, and fades and prevents hyperpigmentation with antioxidants and mushroom-derived extracts (\$39.50 at Clinique counters).

- Dermalogica ChromaWhite TRx is an anti-dark spot regimen from cleansing to night cream that employs exfoliating lactic acid, skin brightening vitamin C, and pigment inhibiting niacinamide and Oligopeptide-34 (from \$50, visit dermalogica.com for salons).

SPF

- Anti-aging skincare increases sensitivity to UVA/UVB rays and related hyperpigmentation, so diligent sunscreen habits are crucial. Cliniderm Gentle Protective Lotion SPF 45 shields dry, sensitive, allergic or reactive skin with titanium dioxide and zinc oxide, and has a surprisingly light, fast-absorb texture (\$29 at drugstores).

- Wrinkles or pigmentation — which do you treat? Whatever bothers you most. But note: Too many



STOCK PHOTO

Ditch the quick-fix idea, most skincare products take four to six weeks to work — so get started now!

anti-aging products at once, such as lactic acid cleanser plus salicylic-acid serum plus retinol cream, might work at first, but could soon cause irritation, dehydration, dryness and actually spell a-g-e-d.

Eco-Friendly Options

- Burt's Bees Naturally Ageless Intensive Repairing Serum is a 100 per cent nat-

ural formula that fights fine lines and wrinkles with botanical oils and extracts, including pomegranate (\$29.99 at Shoppers Drug Mart).

- Jouviance EcoRejuvenation Eye Serum reduces dark circles and wrinkles with caffeine-rich pro-collagen peptides and is free of silicones, artificial fragrance, parabens and

colourants (\$40 at drugstores).

- All-natural Glisodin Skin Nutrients Advanced Daily Formula supplements soften, smooth and brighten skin with a mix of nutrient-dense antioxidant ingredients, including superoxide dismutase (two-month supply, \$95; glisodinskin.com for retailers).

What to buy



AmorePacific
Contour Lift
Extreme, \$200.



Burt's Bees
Naturally Ageless
Intensive Repairing
Serum, \$29.99.



Cliniderm Gentle
Protective Lotion
SPF 45, \$29.



Marcelle New-Age
Anti-Wrinkle +
Firming Cream, \$27.



Dermalogica
ChromaWhite TRx
Pure Light SPF 30
Day Cream, \$78.



Glisodin Skin
Nutrients Daily
Formula, \$95.



NeoStrata Intense
Daytime Wrinkle
Repair, \$68.



Lancôme
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Serum, \$92.



Vichy Liftactiv
Retinol HA, \$49.

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SPECIAL FOCUS ON:
Anti-Aging

health & beauty **17**

Raising awareness of Genetic Sexual Attraction

The J Spot



Imagine, at age 42, finally meeting the son you gave up for adoption at age 16 and finding yourself sexually attracted to him.

Yes, disturbing. But Genetic Sexual Attraction (GSA), that is, being sexually attracted to a biological relative you've never met because you were separated through adoption, is more common than you might think.

Given that on June 1, Ontario became the fifth province to open its adoption records (British Columbia being one) — making it easier for adopted adults and birth parents to find each other — some feel there is a need for greater education and support surrounding GSA.

Little has been studied about GSA but one study out of England concluded that sexual attraction was a normal response when blood relatives met as strangers. The study's participants described emotionally charged meetings and the shock of familiarity as they noticed the same interests, traits and mannerisms in their relative. Many described it as feeling like they were looking into a mirror.

Barbara Gonyo, the woman referred to in the opening of this column and author of *I'm His Mother, But He's Not My Son* (geneticsexualattraction.com), believes there

is a natural curiosity and need to know your birth relatives and what traits you share. "When contact is made, these emotions come to a head along with a need for the intimacy removed by the separation." And because there isn't the sexual taboo that usually develops within a family that grows up together, the intensity of these feelings often become sexualized.

By being educated about GSA, says Gonyo, the birth relative and the adoptee might be able to handle any potential sexual feelings and avoid acting on them until they subside and the relationship eventually normalizes.

In some cases, if they have acted on them, educating themselves about GSA can help deal with the psychological effects of this and allow a healthy non-sexual relationship to develop.

Gonyo is happy to hear that Ontario is opening its adoption records, in part because she feels that the secrecy surrounding adoption contributes

to the stigma people suffer when they experience GSA. "If all adoptions become open from the beginning and having an adoptive family while still knowing your birth family is a given, then it all becomes more normal."

To learn more about your rights to information and privacy regarding adoption, visit adoptioninfo.ca or call 1-800-461-2156. Visit Josey's blog *Sexcetera* at metronews.ca/blogs.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Waves of inspiration

Summer beauty collections celebrate the life aquatic

SOFI PAPAMARKO
For Metro Canada



Sunny Side

Call it the Summer of the Mermaid. Glimmering aqua eyes, silver nails and soft mouths are all the rage this season.

Maybe it's because we've emerged from the longest winter in recent memory. Or maybe it's the fact that Disney's Ariel turns 20 this year. Whatever the reason, we're yearning to live the life aquatic. And cosmetics companies are looking below the waves for inspiration.

Lise Watier

Lise Watier's Sea Belle, a cute play-on-words (si belle translates to so beautiful in French), is a dramatic collection of saltwater-inspired hues. The main event is their Sea Belle eyeshadow quartet in Lagoon.

The colours go on like satin and are housed in an eye-catching metallic blue compact. Métal Liner in Deep Ocean is a rich royal blue that goes on easily, stays put and has a subtly sparkly finish. Eye Glitter Liner in Cybermint is a liquid liner with green and blue sparkles; it's a little high school play for daily use, but if you're searching for a dramatic look for a big night out, dive in!

Annabelle

Annabelle's Hydropolis line features such sea-worthy eyeliners as Atomic Surf, Mermaid, Sea Green and Wahine Blue and accompanying multi-striped eyeshadows in combos like

Water Lily and Aquatech. Make your eyes the main attraction by toning down your mouth. Annabelle's Le Gloss Stick in Bikini Beige is a subtle and pretty natural.

Marcelle

Marcelle's Aquatik line features three different shades of highly-pigmented Aquatik Dome Eye Shadows (Tropik, Pink Star and Aquamarine), a cleverly packaged product with a marbled look that allows the user to customize the intensity and hue.

The 3-in-1 Re-tractable Eye-liner in Chrome is an eye-brightening metallic with a built-in smudge sponge and sharpener. Depending on how much you choose to smudge, you can either make yourself into a bewitching sea nymph or a sexy other-worldly fembot.

OPI

The celebrated nailpolish manufacturer's summer collection is a must for any bathing beauty! The Mermaid in the Shade line is a grouping of shimmering blues and whites that go on ultra-sheer, but gain intensity and drama after three or four coats. The collection is made up of Lagoon A Beach, Underwater, Just a Fairytale, Water Baby, Blue Grotto and Mermaid To Order, which is an irresistible deep-green with a high gloss finish that reminds us of mermaid tails.



Dive into a dramatic look this season with metallic blues, silvers and greens.

Kenzo

If you're going to look like a mermaid, you should probably smell the part. Kenzo's newest fragrance is L'AU PAR KENZO Eau Indigo. The fresh yet mysterious floral comes in a bottle inspired by the way the sun lights up the waves.



Annabelle Multi-stripes Eyeshadow in Aquatech, \$10.95

Lise Watier Métal Liner in Deep Ocean, \$18.

Annabelle Smudgeliner in Sea Green, \$8.50.

Marcelle Aquatik Dome Eye Shadow in Aquamarine, \$10.95

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'Lift' your way to youth

Running and resistance training can reverse aging signs

CELIA MILNE
for Metro Canada



It is never too late to start exercising.

And whether you are 30 years old or 90, exercises such as running and lifting weights can help reverse the signs of aging.

"It is always best to start early," says Dr. Mark Tarnopolsky, director of the neuromuscular and neurometabolic units at McMaster University Medical Centre in Hamilton, Ont., "but it is important that in our studies we also see major benefits in previously inactive older adults who complete four or six months of weight training."

Tarnopolsky and colleagues have been studying what actually happens inside the body when people exercise. They have found quite a few benefits at the molecular level: Reduced fat in the body, increased muscle mass and



Resistance exercise improves some of the biomarkers of aging, which are substances in the blood that signal disease or decay.

decreased cell damage from aging. These effects occur even in 90-year-olds.

Exercising makes a difference in the way our genes act. The McMaster research shows that 579 genes in muscles start acting differently as we age.

In one of Tarnopolsky's studies, 33 per cent of these genes went back to

normal in people who did six months of weight training twice a week.

"We have also shown that resistance exercise improves some of the biomarkers of aging," says Tarnopolsky. Biomarkers are substances in the blood which signal disease or decay.

Running also seems to

"It is always best to start early, but ... in our studies we also see major benefits in previously inactive older adults who complete four or six months of weight training."

Dr. Mark Tarnopolsky,
McMaster University
Medical Centre

help people fight the effects of aging. A study conducted in northern California by researchers at Stanford University found that runners live longer than non-runners.

This study followed almost 1,000 people — about half were members of a running club and the other half were non-runners — for more than 20 years. All the participants were over 50 when the study started in 1984. After 19 years, only 15 per cent of runners had died, versus 34 per cent of non-runners.

This difference in survival rates continued to broaden as time went on. At 21 years, runners had a 50 per cent lower risk of death than non-runners.

Clothing that can save your skin

FASHION "SunSoul is sports clothing with a twist," says company president Tim Brown of the clothing line that both blocks bad UV rays and transforms them into something good.

The long- and short-sleeved tees, tanks and hats for men and women come in blue (to help treat acne) and yellow (to help fade sunspots).

Brown says SunSoul's fabrics are dermatologist-tested and recognized, and are considered a Class 1 medical device, according to Health Canada standards.

He explained the science via email: Simply put, the nylon-based material with cosmetic properties, known as cosmetotextiles, blocks harmful UV rays and then transmits coloured light through the material to the skin.

"Blue light is proven to battle blemishes by eradicating the bacteria associated with acne," Brown said.

"Yellow light is used for reversing sun damage — red and brown spots on the skin — by penetrating the discoloured spots and disintegrating the damaged cells."



From top: Yelomod women's long sleeve sport shirt designed for skin rejuvenation (\$115), Blumod men's shirt (\$99) and baseball cap, (\$58), both designed for blemished skin. All available at sunsoul.com.

In addition, the lightweight gear wicks away moisture and allows the skin to breathe. Products, \$70 US to \$115, can be found at sunsoul.com.

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Diet may boost men's fertility

RESEARCH Men who eat healthier diets may also have healthier sperm, according to new research from Spain.

"A healthy, well-balanced diet is not just important for preventing diseases like diabetes, high cholesterol, or hypertension, but it may be useful for preserving or improving your reproductive health too," Dr. Jaime Mendiola, of the University of Murcia, said.

Mendiola and his team compared the nutrient content of the diets of 30 men with poor semen quality and 31 men with normal sperm. All were attending fertility clinics.

The men with poor semen quality had low sperm counts and relatively high percentages of abnormally formed sperm. All of the men provided at least two semen samples.

REUTERS

SPECIAL FOCUS ON:
Anti-Aging

health & beauty **19**

Made-in-Canada beauty brands

Up-and-coming names that are sure to become staples in your hair and skin routine

WAHEEDA HARRIS
For Metro Canada

Who doesn't love to find a new beauty product — especially if it's Canadian? We've seen M.A.C skyrocket into a world-recognized brand and Cake Beauty become a coast-to-coast fave, but what's around the corner to add to your beauty cache?

With niche or "indie" brands now a bigger trend than ever, we've zeroed in on five up-and-coming Canadian companies that we think represent the new wave. Some focus on locally sourced ingredients, others on the exotic or on the natural — and all may just be the next big thing.

1. Ojon

Burlington, Ont.-based Ojon Corp. creates products with sustainable, hand-harvested ingredients from the Central American rainforest. The Tawira Indians, a Honduran aboriginal group, have used ojon nut oil for hundreds of years as a superb hair moisturizer; hair easily absorbs the oil without leaving a film or greasy feeling.

All ojon nut oil used in Ojon hair products is wild-



Left to right: Isomers Desert Youth 4X with Ectoin serum (\$65, 15 mL, isomers.ca); Ojon Restorative Hair Treatment (\$65, 150 mL, ojon.com or sephora.com); Escentis Headache Relief Roll-on with peppermint and lavender oils (\$17, 9 mL, escentisaromatherapy.com).

sourced (not cultivated or farmed) as well as sustainably harvested. With the help of a Honduran non-government organization, an exclusive agreement for ojon nut oil has been established between the Tawira people and Ojon.

2. Isomers Laboratories

We love that many of the company's products come in simple brown apothecary-style bottles. Isomers emphasizes natural ingredients, and works with research scientists around the globe to develop leading-edge anti-aging skin care.

The company includes ex-

tensive FAQs on its website to address issues such as uneven skin tone, sun damage, dryness and acne.

3. Mèreadesso Woman

What's the appeal? Simplified skin care. Dismayed by the endless beauty options and the need for numerous moisturizing steps and products at various ages, creator Linda Stephenson debuted with just two moisturizers, one for face and one for body. They help protect and moisturize at any age and contain ingredients such as aloe vera,



white tea, cucumber, apple, rosemary, zinc, copper and vitamins A, E and C. Recently, she added a multitasking cleanser to the mix.

4. Salt Marsh Sisters

Using locally sourced rose petals, rosehips, cranberries and black spruce needles, as well as organic botanicals found in and around the salt marshes of the eastern shore of Nova Scotia, the collection includes bath bombs, scrubs, hydrosols (aromatherapy sprays), soap and lip balm. Products do not contain artificial additives, synthetic fragrances or sulphates, and (when available) use 100 per cent organic oils as well as palm and coconut oils. Quantities are limited to the availability of regionally and seasonally harvested ingredients.

5. Escentis

The Escentis collection includes essential oil blends, soaps, bath bombs, body

washes, dry oil mist, body lotions and home scent accessories. Products are biodegradable and free of phosphates, synthetic dyes, parabens and petroleum-based ingredients.

They are promoted as being safe for babies, children and adults. For those seeking an even more natural experience, Escentis Natu-

als is certified organic and sulphate-free.

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Men need their sleep, says study

BLOOD PRESSURE Middle-aged adults who get too little sleep are more likely to develop high blood pressure, U.S. researchers said on Monday.

The study, among the first to directly measure sleep duration in middle-aged adults, found missing an average one hour of sleep over five years raised the risk of developing high blood pressure by 37 per cent.

It also suggests that poor sleep may explain in part why black men have higher blood pressure risks. "People who didn't sleep as much were at greater risk of developing hypertension over five years," Kristen Knutson of the University of Chicago reported in the Archives of Internal Medicine.

Adults typically need between seven and nine hours of sleep, according to the U.S. Centers for Disease Control and Prevention, but many get far less, and several studies have begun to show the health consequences.

REUTERS

Prairie Naturals

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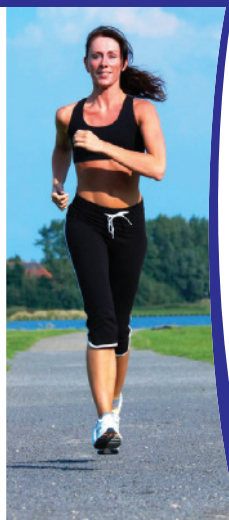
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10. Resveratrol **protects nerves and brain function**.



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Bret Michaels was slightly injured during an opening number at Sunday night's 63rd annual Tony Awards. During the musical number the reality star was knocked to the ground after running into a piece of scenery. USMAGAZINE.COM

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Energy and attitude

Producer Bob Rock helps Offspring mash metal, punk

ROB MCMAHON
for Metro Canada

Despite his nickname, The Offspring's guitarist Kevin "Noodles" Wasserman says he's no riff-shredding headbanger.

Reached a couple days before the start of the band's tour to support last year's *Rise and Fall*, Rage and Grace, Wasserman said the band's connection to famed Metallica and Mötley Crüe producer (and Canadian) Bob Rock wasn't because they always hoped to work with the man who helped craft those epic guitar sounds.

In fact, Wasserman's introduction to the genre

came by accident, via a cover song.

"None of us were into metal early on. I always loved Paranoid by Black Sabbath — that was one of the few (metal songs) I got into," he said. "But I always thought that it was a Dickies song, at least until I played the record for some friends and they said it was Black Sabbath."

Despite Wasserman's denials, the guitar intros to *Hammerhead* or *A Lot Like Me* sound less like those Southern California punk legends than Rock-produced Metallica. When pushed, he did say that the better he gets at guitar, the more he appreci-

Offspring live

- The Offspring are set to play the UBC Thunderbird Arena tomorrow night.

ates the fretwork of players like Van Halen, and AC/DC's three-chord assault — an influence that can be heard in much of The Offspring catalogue, which has long merged punk energy and attitude with metal's heavy riffs.

"None of us are really metalheads, but we do appreciate bits and pieces of it," said Wasserman. "Metallica is a great band ... and the guitar playing on the Black Album is

great, in terms of in your face shredding. (But) I like a good song first, and a good shred second — no excessive shredding."

Returning to the Dickies-Metallica dichotomy, The Offspring do focus their lyrical content more on So-Cal punk. Despite pushing their fourth decade on earth, the band members continue writing songs about — and aimed at — the youth audience. Asked what it is about the youngsters that so inspires the Offspring, Wasserman said it's because that's who their peers are.

"We've never had to get a real job, and for the last 14 years we've been able



Idol signed

Kris Allen has hit another high note: The American Idol champ, 23, has signed a record deal. His debut album, licensed to Jive Records, will drop this fall.

USMAGAZINE.COM



Metallica and Mötley Crüe producer Bob Rock helped The Offspring put together 2008's *Rise and Fall*, *Rage and Grace*.

to tour the country, drink beer and have fun," he said. (A young audience) isn't something we think about in terms of targeting our songs, it's just

who we are, and what we watch on TV. We grew up listening to that kind of music, and that feeling in music, so we keep coming back to it."

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	3	CBC	NHL Hockey	News (N)	22 Minutes	Laughs	Planet Earth (CC)	X-Weighted (N) (CC)	CBC News: The National (N)	(05) The Hour	
255	358	3	JOY	El News (N)	The Insider	Inside Hollywood (N) (CC)				Ruby (N)	Style-Famous	News (N)
254	-	3	M	Two-Half Men	Two-Half Men	Omni News: Mandarin Edition				Omni News: Punjabi Edition	Metropia	
250	321	3	CTV	etalk (CC)	Hollywood	Canada's Next Top Model (N)				Law & Order: SVU	News (N)	
-	-	3	OMNI	The Daily	Frasier (CC)	Islam 101 (CC)				Scrubs (CC)	The Search	News (N)
252	336	3	ETV	Entertainment	ET Canada	NCIS: Dagger (CC)				Durham County (CC)	News (N)	
256	389	3	VI	The Road to Avonlea	Law & Order: SVU	Monk Chess genius (CC)				Cupid (CC)	News (N)	
253	399	3	CITY	Law & Order: SVU	Deal-No Deal	Jimmy Kimmel (31) Friends				Make Me a Supermodel	The List	
-	-	3	CW	Deal-No Deal	Deal-No Deal	90210 (CC)				Seinfeld	Frasier (CC)	
289	381	3	CBS	Entertainment	The Insider	NCIS: Dagger (CC)				(01) 48 Hours Mystery (CC)	News (N)	
287	379	3	NBC	Evening Mag.	Inside Edition	NHL Hockey Stanley Cup Final Game 6 - Detroit Red Wings at Pittsburgh Penguins (CC)					News (N)	
602	568	3	W	How Clean	Friends (CC)	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked	Maxed Out	
288	380	3	ABC	NBA Basketball: Finals - Lakers at Magic	Fluke ** (1995, Drama)	Jimmy Kimmel	Wheel-Fortune	Jeopardy! (N)		Northern Exposure (CC)	KOMO 4 News	
-	-	3	KVOS	M*A*S*H	Seinfeld	Fluke ** (1995, Drama)	Matthew Modine, Nancy Travis			King	Still Standing	Scrubs (CC)
291	383	3	PBS	Back Care Basics: Yoga	Frontline "Poisoned Waters" (CC) (DVS)	House "Lucky Thirteen" (PA)				News (N) (CC)	Family Guy	
291	383	3	PBS	Two-Half Men	Two-Half Men	Drug Companies Won't Tell				Great Performances "Hitman: David Foster and Friends"		
-	364	3	PBS	Charge of Your Money	Punk'd (CC)	South Park				Paid Program	Family Court	Paid Program
296	554	3	SBK	Frasier (CC)	Frasier (CC)	90210 (CC)				KTLL Prime News (CC)	Friends (CC)	
298	553	3	TLA	Two-Half Men	Two-Half Men	Family Guy	Two-Half Men			Friends (CC)	Friends (CC)	My Wife-Kids
295	551	3	WGN	WGN News at Nine (N) (CC)	Family Guy	Two-Half Men	Friends (CC)	Sex and-City		Frasier (CC)	Frasier (CC)	Paid Program
297	552	3	WPX	PIX News at Ten (N) (CC)	Two-Half Men	Late Show-Letterman				Will & Grace	Seinfeld	
199	311	3	STR	News (N)	News							
502	390	3	NW	CBC News: The National (N)	CBC News: The National (N)	CBC News: The National (N)				Saving Luna (CC)	National	
500	500	3	CNN	Anderson Cooper 360 (CC)						Anderson Cooper 360 (CC)	Cooper 360	
407	419	3	RSP	MLB Baseball	Sportsnet Connected (Live)	The Ultimate Fighter				Sportsnet Connected	Sportsnet	
400	400	3	TSN	NBA Basketball: Finals Game 3 - Lakers at Magic	SportsCentre	Motoring 2008				Poker	SportsCentre	
411	457	3	OLN	Bounty Hunter	Bounty Hunter	Departures "Iceland" (CC)				Bounty Hunter	Bounty Hunter	Departures
410	403	3	SCR	Score Tonight	Hardcore Hockey Talk	Final Score	Final Score			Final Score	Final Score	Final Score
417	406	3	SC	Super Bikes!	Super Bikes!	Pimp My Ride	Pimp My Ride			Drag Race	Drag Race	Super Bikes!
416	409	3	GLF	Fútbol	Goi TV News	Hallo Bundesliga				Paid Program	Goi TV News	Goi TV News
552	543	3	YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC)	Mystery Hnt.	
555	545	3	TLM	Jimmy Two	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Ore
557	541	3	FAM	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	3	TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
268	554	3	KNO	Life in Cold Blood (CC)	Megabridges "Greece" (CC)	Private Life of a Masterpiece				Deliver Us From Evil *** (2006) Premiere.		
575	583	3	CMT	Hope & Faith	Hope & Faith	Cheer Moms	Cheer Moms	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
570	580	3	MMT	Black Peas	disBand	One Tree Hill "I Will Dare"				Black Peas	TBA	Spotlight
600	564	3	H&G	House	House	Holmes on Homes (CC)				HGTV's Top	Dirty Business	House
615	520	3	A&E	The First 48 (CC)	The First 48 (CC)	The First 48 (CC)				The First 48 (CC)		
628	584	3	SPKE	Jesse James Is a Dead Man	UFC 99 Countdown: Franklin	Jon & Kate	Jon & Kate			CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Shocking
521	560	3	TLC	The Little Couple	The Little Couple	Painkiller Jane "Toy Soldiers"				18 Kids-Count	18 Kids-Count	Dress
616	522	3	THC	The Outer Limits (CC)	Painkiller Jane "Toy Soldiers"	Law & Order "Fear America"				Without a Trace "Revelations"	Neil Young: Heart of Gold *** (2006) (CC)	House (CC)
620	523	3	BVO	Neil Young: Heart of Gold	Law & Order "Fear America"	ET Canada	Til Debt-Part			Real Housewives NYC	Trading Spouses	Biggest Loser
601	562	3	SLC	Rich Bride, Poor Bride (CC)	Daily Planet (CC)	Lost Worlds (CC)				Destroyed	One Way Out	How It's Made
520	505	3	DIS	Deadliest Catch (N) (CC)	Lost Worlds (CC)	Star Trek: Next Gener.				Zero Hour	A car ferry sinks.	Sea Hunters
522	506	3	HIS	NCIS "Mind Games" (CC)	Stargate SG-1 "Avenger 2.0"	Star Trek: Next Gener.				Star Trek: Voyager (CC)	Star Trek: Ent.	
627	528	3	SBS	Watchmen	Watchmen	Seinfeld				Without a Paddle *** (2004) Seth Green.		
294	550	3	TPO	The Office	The Office	Tube Tales	Tube Tales			Family Guy	Seinfeld	Seinfeld
619	525	3	TRN	Power Play (CC)	Good Eats	Iron Chef America (CC)	Unwrapped			The F Word	Good Eats	Good Eats
603	561	3	FN	Good Eats	Just for Laughs (CC)	Corner Gas				Hot Box	Awesome	Daily Show
626	547	3	COM	Air Force	Shred 2 (2009) Tom Green. Premiere.	(CC)	(45) First Sunday			(2008) Ice Cube, Katt Williams.	(CC)	
581	566	3	MTV	College Life	Teen Crips	Teen Crips	After			Real World-Road Rules	College Life	MTV Live
261	394	3	TV	Lost Gods	Search	Pottergeist: The Legacy				The Black Stallion Returns *** (1983) Kelly Reno. (CC)	Paid Program	
-	-	3	MUL	Eight Heroes	Kingdom-Of	I Caffe				In Germany	Euromaxx	Schauplatz
-	-	3	MUL	Eight Heroes	Kingdom-Of	I Caffe					Euro. Journal	Patrol World

critics' corner

The Mentalist

Patrick (Simon Baker) goes up against some rich and powerful folks in this episode. Several murders are reported at a financial firm's corporate retreat in the Sierra Nevada foothills, and the CBI's investigation uncovers a sordid tale of betrayal and greed. Robin Tunney and Owain Yeoman also star in "Carnelian Inc." 9 PM on CBS CTV



Style by Jury

Lots of youngsters dream of running away to join the circus. In this new episode, you'll meet someone who did leave home as a teen to follow the big top. Now a single mom, she's found that the circus life has taken a toll on her appearance. Enter host Bruce Turner and his team of experts to help her look and feel beautiful again. 9:30 PM on W

Slumdog composer makes Retreat

MUSIC Composer and musician A.R. Rahman, who picked up two Oscars for *Slumdog Millionaire*, is working on his first score for an American film.

Rahman will compose the score for the comedy *Couples Retreat*. The movie stars Vince Vaughn, Jason Bateman, Jon Favreau, Malin Akerman and Kristen Bell. It's based on a story idea of Vaughn's about four couples who embark on a journey to a tropical island resort.

Entourage adds three to guest list

CASTING The Hollywood-centric HBO comedy *Entourage* has signed Matt Letscher, William Fichtner and Scott Caan for multi-episode guest roles on the series' upcoming sixth season.

REUTERS

Kenya'sStyle

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

More Saw on the way

Tobin Bell, Saw's now deceased Jigsaw, has confirmed that the trap-happy franchise will continue until at least part eight, as long as the audience remains faithful. "I look forward to filling out the other pieces of the puzzle," he says on horror site Bloody Disgusting. EMPIREONLINE.COM

Taylor Lautner: Back in Black

Twilight actor bites into meatier New Moon role

TALIA SOGHOMONIAN
Metro World News

For a while, there were rumours the Twilight character of Jacob Black would be recast for New Moon, but actor Taylor Lautner is back in the role. It's a juicier one this time, with more for the actor to get his teeth into. Not only does his relationship with Bella — played by Kristen Stewart — develop, but Lautner also went through an impressive physical transformation.

Q How's it back being on set?

A It's good. I'm really excited to be back with the whole team again and our new director, Chris Weitz. It's been a lot of fun so far and the movie's looking great, so I couldn't ask for more.

Q And you have a huge role this time.

A It's a little bit bigger, yeah! It's exciting because I'm excited to bring alive the new Jacob Black for the fans.

Q You look like an '80s rock star with your

long hair.

A Sometimes I look in the mirror and I don't recognize myself. It's an actual wig. It's glued to my head in the front and it gets itchy sometimes. You can see the lace if you look close, but it doesn't come across on camera. It gives me a totally different look. I don't even look like myself.

Q The biggest change is in your body ... you gained 30 pounds of muscle for this role.

A I did, yeah. When I was filming Twilight, I knew where my character was going in the rest of the series, so obviously I knew I had some work ahead of me! So as soon as I stopped filming Twilight, I got back home, hit the gym and worked very, very hard, and here I am filming New Moon, 30 pounds heavier.

Q And doing your own stunts.

A So far. Let's not jinx it, but basically you get an evaluation at the beginning of filming. They took me to a gymnasium to see what I could do. They put me on some dirt bikes to see how well I can do. I think they're just



Taylor Lautner plays Jacob Black in Twilight sequel New Moon, currently in production.

figuring out how much they're actually going to allow me to do. So far, I've been able to do everything, so I'm hoping that doesn't change too much cause the stunts are a lot of fun.

Q Let's get to your character, Jacob. He is actually in love with Bella...

A Jacob's love for Bella is really intense. He will always be there for Bella, no matter

what. Even if she's with another guy ... or a vampire!

Q How did you prepare for your role?

A I did a lot of study for the first film. Before I even started filming Twilight, I studied up on all of the Quileute tribes and legends and myths and everything about them. And when we got up to Portland, Ore., to film, I was

able to meet with about 10 Quileute tribal members. I got to talk to them and what I really learned is that they're not much different than me, and that was very unexpected.

Q Do you ever discuss Jacob with (Twilight series author) Stephenie Meyer?

A It's really cool because she comes up here every once in a while for her fa-

vorite scenes. At the beginning of filming, she gives a list of her favorite scenes that she wants to be up here for. You got the best person in the world to ask for advice. So if you have a question, you can just walk on over and ask her.

Q What's your most exciting scene in New Moon?

A It's so hard to choose. Like I said, I really enjoy the stunts so I had a lot of fun doing the dirt bike sequences. I got to hop on the bike and go really fast and come to a skidding stop. It's really cool. And I also like a lot of the more serious scenes, the pivotal scenes in the movie, like Jacob and Bella's breakup scene, which is the first time Bella sees Jacob after he has transformed into a wolf. And it's really emotional. I felt bad for Jacob just reading the books, but now that I'm actually living this character, I feel so bad for the guy! It's really sad.

More New Moon

- For more on Metro's interview with Taylor Lautner, visit metronews.ca/entertainment
- Pick up tomorrow's issue of Metro for an interview with New Moon director Chris Weitz.

Carradine death still a mystery

PROBE Thai police yesterday said the cause of U.S. actor David Carradine's death in a Bangkok hotel room would not be known until they had the results of the autopsy and toxicology tests in a month's time.

Police refused to give further details about their investigation into the 72-year-old actor's mysterious death, amid intense media speculation about causes ranging from suicide to murder via accidental autoerotic asphyxiation.

"We are still investigating but we will not make any assumptions about his death until we have gathered all the facts," the deputy Bangkok police chief, Lieutenant-General Amnong Nimmino, said. "We have to wait for the toxicology reports, the result of the autopsy and forensic evidence."

REUTERS

All in a funny family

BRIAN COULTON
for Metro Canada

In the 32 years he's maintained a daily diary, David Sedaris estimates he's only missed 40 days.

"It's not that my life is interesting. It just became a compulsion after a while," said the 52-year-old American author, humourist and NPR regular on the phone from his Albany, N.Y., hotel room.

"Maybe tomorrow morning I'll realize that the loaded potato soup — that was a special of the day in the restaurant downstairs — wasn't really that important in the scheme of things."

Finding a kernel in even the most mundane of situations seems commonplace in Sedaris' writing. His latest collection of essays, *When You Are Engulfed in Flames*, contains

autobiographical stories as apparently minute as keeping up with his fast-walking boyfriend Hugh, to the grandiose three-month trip he took to Tokyo to quit smoking.

Sedaris is also known to join humorous stories about his loved ones with his own musings, but said he feels the private tales are neither very candid nor written at the expense of his family.

"I feel like I write about my family with affection and that that comes through. My family sees that, so it's always interesting to me when others don't."

He gives the example of *A Shiner Like a Diamond*, a story from his 1997 anthol-



Sedaris

In person

- You can see David Sedaris in person at Chapters, 2505 Granville St. (at Broadway) on Thursday between 1 p.m. and 2 p.m. Sedaris will be speaking, reading an excerpt and signing books.

ogy *Me Talk Pretty One Day*, in which he writes about his sister, Amy Sedaris, wearing the bottom half of a fat suit home for Christmas to spite their image-conscious father.

"I said in the story that Amy was the prettiest girl in my family," he said. "But, I have other sisters and people they know would say, 'I can't believe what your brother wrote! You're nice looking too!' It's something my family was fine with, but that people outside my family took as an insult."

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Fresh from his stint as host of The Tonys, Neil Patrick Harris nabbed starring roles in two upcoming flicks. He will take a lead role in Josh Shelov's *The Best And The Brightest* and in *Beastly*, the modern-day update of *Beauty and The Beast*. **EMPIREONLINE.COM**

Neil's new roles

Celebrity Buzz

Lindsay lashes out at doctor Britney's booze ban

SMACKDOWN Lindsay Lohan has blasted a celebrity doctor for claiming she is not sober, femalefirst.co.uk reports.

Dr. Drew Pinsky — who hosts the TV show *Celebrity Rehab* with Dr. Drew — claimed in an interview Lohan will not resolve her personal issues until she hurts herself, prompting the actress to question his ethics.

She wrote on Twitter: "I thought REAL doctors talked to patients in offices behind closed doors. Am I wrong? Hmmm... I think NOT. Yay! (sic)"

Pinsky hinted Lohan — who has

completed three stints in rehab and pleaded guilty to cocaine use and no contest to driving under the influence in 2007 — is still abusing substances, adding she has yet to "embrace"

cleaning up her life.

He told *Parade* magazine: "I'm convinced that she'll get sober one day. But I'm afraid that between now and then, she may get a nearly mortal wound of some type. I'm really convinced that something horrible is going to have to happen to her before she really gets over it and embraces sobriety."

METRO NEWS SERVICES



PROHIBITION Britney Spears' dad has reportedly banned alcohol backstage on her latest tour through Europe, so as to help the famously troubled singer avoid temptation.

But a fear of booze hasn't stopped Britney from hitting the London club scene after one of her shows.

"Britney

went to Maddox nightclub after her O2 gig," a source tells the Sun. "It seemed odd that she wanted to be surrounded by people drinking, considering she had imposed such strict restrictions while on tour. She didn't drink and was only there for 45 minutes, though."

METRO WORLD NEWS



Say no to breast implants: Denise

YOUTHFUL REGRETS After having three surgeries since the age of 19 to enhance her breasts, Denise Richards can safely say she doesn't recommend it.

"I was 19, and my roommate had the best boobs ever, and she had just had hers done," Richards told Howard Stern on his satellite radio show. "I was as flat as a board, and I thought, 'Whoa, you can just buy them,' and stupidly had them done."

She followed that with another enlargement and then a reduction. "I was young and should have researched better. You know, it was a big mistake."

Young girls, don't do it!"

METRO WORLD NEWS



GETTY IMAGES

Lady Gaga and 'Speedy' still on

TROPICAL LOVE Rumours of Lady Gaga's split with her boyfriend are false after the pair was spotted kissing on a beach during a Hawaiian vacation last week, femalefirst.co.uk reports.

The singer was rumoured have ended her relationship with a 23-year-old mystery man, named only as Speedy, whom Lady Gaga reportedly met on the set for her new video *Love Game*.

METRO NEWS SERVICES



Recession hits Gosselins?

REAL ESTATE WOES Are Jon and Kate Gosselin victims of the nation's poor housing market? According to records, their Cape Cod-style home in Elizabethtown, Pa., has been on the market for 89 days — and counting — people.com reports.

The price for the five-bedroom 2½-bath house has stayed constant at \$325,000 US. (They paid \$280,000 for it in 2006.)

Though the home is in a family-friendly area, it wasn't always a peaceful place: Former neighbours say that fans often drove by the Gosselins' house to gawk.

"Fans were dangerous, fans were always coming right up to their house," says Marilyn Soutner, 49, who lived next door.



METRO NEWS SERVICES

"I'd stand outside with my phone staring at the door like I was calling the police ... It was making it a very, very dangerous neighbourhood. You don't know who (was) in those cars."

Then one day, "Someone flattened the tires to their black van, and that night they were gone," adds Soutner.

Last fall, the Gosselins moved into a \$1.1-million, 6,000-square-foot home in Wernersville, Pa. The 24-acre property is fenced in and has a metal gate at the end of the driveway, a half-mile from the front door. Still, that hasn't stopped paparazzi from hanging out down the road waiting for a glimpse of the family.

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AVIS We're here to handle it

Brangie to marry this summer?

FINALLY It looks like all the rumours of trouble between Brad Pitt and Angelina Jolie have convinced the pair to finally tie the knot, according to the *Daily Mirror*. "Usually it's Brad

who wants to talk marriage. But this time it was Angie," a source tells the newspaper. "An aide sent them all the



press clippings about their 'relationship problems' and Angelina said it was probably best if they married to put an end to the stories. Brad's face lit up — he was thrilled."

According to sources, the wedding could take place by the end of the summer, once their current filming obligations are taken care of.

METRO WORLD NEWS

Madonna tries to adopt again?

IF AT FIRST YOU DON'T SUCCEED Since Madonna's chances of adopting another child from Malawi aren't looking too good, the singer has reportedly set her sights on Nigeria instead.

"She's looking at adoption centers in Nigeria and has got another female friend to make

an initial approach to test the waters," a source tells the *News of the World*. Meanwhile, dat-



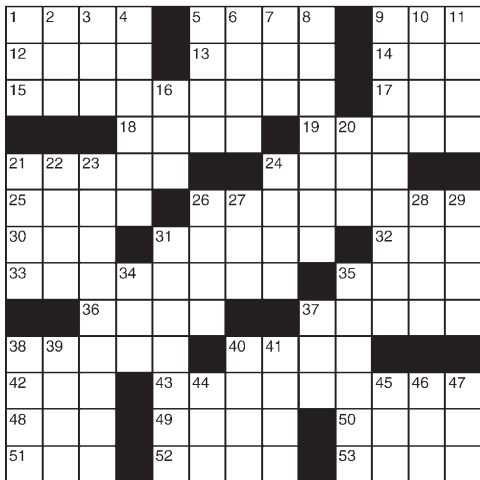
ing 22-year-old Jesus Luz may have had something to do with her last bid failing. "She was distraught when her adoption failed in Malawi," the source says.

"She blamed the fact that her relationship with Jesus made her look like she was going through some mid-life crisis."

METRO WORLD NEWS



For more delicious Metro recipes, visit: metronews.ca/food



Crossword across

- | | | |
|------------------------|----------------------------------|--------------------------------|
| 1 Out of the storm | Night Fever" venue | 38 Memorable mission |
| 5 "Little Women" woman | 24 Repast | 40 "— she blows!" |
| 9 Silent | 25 Some deer | 42 Crib |
| 12 Lion's share | 26 Online talk site | 43 truTV's "Open Court" anchor |
| 13 Turkish title | 30 \$ dispenser | 48 Fond du —, Wis. |
| 14 "SNL" alum Gasteyer | 31 Actress Jessica et al. | 49 Lab vessel |
| 15 Janitor's gadget | 32 Path | 50 Met melody |
| 17 Feminine side | 33 Post-WW II birthrate increase | 51 Before |
| 18 Charged bits | 35 Nuisance | 52 Hibernia |
| 19 Impressively high | 36 After all? | 53 Shriek bark |
| 21 "Saturday | 37 Country star Brooks | |

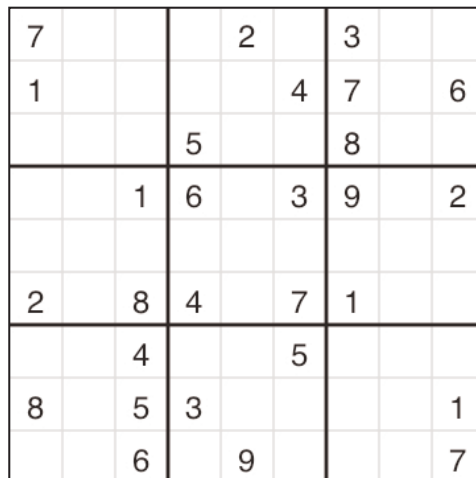
Crossword down

- | | |
|-----------------------|------------------------------|
| 1 Pump up the volume | 26 Coagulate |
| 2 Dobbs of CNN | 27 Showtime rival |
| 3 Curvy character | 28 Tobacco oven |
| 4 Morals | 29 Legend |
| 5 Farm building | 31 Exculpate |
| 6 Hollywood clashers | 34 Sweet potato |
| 7 Yet, in verse | 35 Bet the previous winnings |
| 8 Villages | 37 Chatter away |
| 9 Carrier of 1620 | 38 Competent |
| 10 One | 39 Storyteller |
| 11 Much more than one | 40 Despot |
| 16 Greet the villain | 41 Robust |
| 20 Rowing need | 44 Grandson, maybe |
| 21 Colourless | 45 Raw rock |
| 22 Teeny bit | 46 Lubricant |
| 23 Modicum | 47 Chart |
| 24 Sir counterpart | |

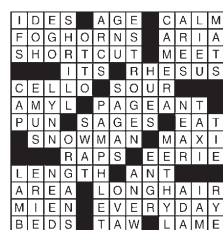
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	2	6	4	7	3	9	5	1
7	1	5	8	6	9	4	3	2
9	4	3	2	1	5	6	7	8
5	3	2	9	8	6	7	1	4
4	8	7	5	2	1	3	6	9
1	6	9	3	4	7	2	8	5
6	5	8	7	9	2	1	4	3
2	7	4	1	3	8	5	9	6
3	9	1	6	5	4	8	2	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- | | | | |
|--------------------|---------|-----------------|-----------------|
| Under 13 min | Genius | 17-21 min | Smart |
| 13-17 min | Scholar | 21-25 min | Not bad |
| | | 25+ min | Keep practising |

Metro Recipe of the Day



Oriental Lamb Medallions

INGREDIENTS:

- 1/2 in. (1 cm) piece fresh ginger
- 1/4 lb (125 g) broccoli florets
- 1/4 lb (125 g) leeks
- 1 bunch of watercress
- 1/4 lb (125 g) snow peas
- 1/4 lb (125 g) baby corn
- 1 lb (450g) lamb fillet, or 8 noisettes of lamb
- 1-2 (15-25 ml) tbsp olive oil
- Salt and black pepper
- 2 tbsp (25 ml) peanut oil
- 3 tbsp (45 ml) lamb or chicken stock
- 1-2 tbsp (15-25 ml) light soy sauce

METHOD:

1. Peel and chop ginger and set aside. Rinse vegetables. Cut broccoli into slices and leek into matchstick-thin strips. Chop watercress, top and tail snow peas, leave baby corn whole. Set all aside.
2. If using lamb fillet, cut into eight 1 in. (2.5 cm) thick medallions. Brush medallions, or noisettes,

- with olive oil and season with salt and pepper.
3. Warm frying pan over moderate heat, add lamb and dry-fry 2 minutes, or until browned underneath. Turn and fry for 3-4 minutes until cooked but slightly pink in the centre. Cover pan and keep warm.
4. Meanwhile, heat peanut oil in wok or large frying pan. Add ginger and vegetables and stir-fry 3-4 minutes, until just tender.
5. Add stock and soy sauce to vegetables and season to taste, then cover and cook 2 minutes, stirring occasionally.
6. Lay two lamb medallions on each plate and spoon vegetables over and alongside.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES MARCH 21-APRIL 20



Oh no, not another upheaval. What happens next may seem like bad news but you will see that this particular cloud has a magnificent silver lining.

LIBRA SEPT 23-OCT 23



Someone seems determined to poke their nose into your affairs — and you must be just as determined not to let them know what you are up to.

TAURUS APRIL 21-MAY 21



You will find yourself at odds with the status quo today and that's no bad thing. Question the accepted wisdom. You're making change happen.

SCORPIO OCT 24-NOV 22



Any doubts you may have about a creative activity of some kind will be gone by the end of the day. Anything is possible for you now.

GEMINI MAY 22-JUNE 21



The Sun in your sign won't let you keep a low profile, so quit trying to hide. Stand up where you can be seen and speak out about what you believe.

SAGITTARIUS NOV 23-DEC 21



If you have been hitting the town with your friends these past few days, you should now spend some quality time with your nearest and dearest.

CANCER JUNE 22-JULY 22



If you need a break — and you do — start making plans now. There's cosmic activity in the area of your chart that governs rest and relaxation.

CAPRICORN DEC 22-JAN 20



Obviously you need to do something to remind those around you that you are not the sort who can be taken for granted. Give it some thought.

LEO JULY 23-AUG 23



Don't worry if others think you are being unsociable. There are times when you want nothing more than to be left alone with your thoughts.

AQUARIUS JAN 21-FEB 18



Today's Mercury-Uranus link-up will help you dream up new ways to make money but Neptune, planet of illusion, is advising caution. Get advice first.

VIRGO AUG 24-SEPT 22



With Mercury, your ruler and planet of communication, strong in your chart today you will find it easy to put your thoughts into words.

PISCES FEB 19-MARCH 20



If you let your intuition guide you today you will have a lot of fun and make some great new friends as well.

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Santa Clara via Calgary

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Supersaver Royal Spa rm.²
June 14 & 21 • 1 wk.

\$1049
Taxes & fees: \$212

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Aqua Palms & Spa • 3 ★
Continental breakfast
Sway - Partial city view rm.
July 3, 5, 6, 9 & 10 • 1 wk.

\$799
Taxes & fees: \$151

Cancun / Riviera Maya

via Calgary

Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive
Super saver deluxe rm.
July 4 • 1 wk.

\$829
Taxes & fees: \$278

Cancun / Riviera Maya

via Calgary

Gran Bahia
Principe Tulum • 5 ★
All-Inclusive • Standard rm.
July 4 • 1 wk.

\$869
Taxes & fees: \$278

Antigua via Toronto

Grand Pineapple
Beach Antigua • 4 ★
All-Inclusive • Standard rm.
July 12, 18, 25 & 26 • 1 wk.

\$1659
Taxes & fees: \$255

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Maui Banyan • 3 ★
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